

# Menu From 2019, 1<sup>st</sup> of April to 26<sup>th</sup> of April (Newton Hui Xin Campus)

新纽顿会心幼儿园 2019 年 4 月 1 日 — 4 月 26 日 学生食谱

餐次	Monday 周一 (4/1、4/15)	Tuesday 周二 (4/2、4/16)	Wednesday 周三(4/3、4/17)	Thursday 周四(4/4、4/18)	Friday 周五(4/5、4/19)
Breakfast	Cheerios with cold milk, raisins and banana slices served with 脆谷乐+葡萄干+切片香蕉+牛奶	Whole wheat bread served with butter, gouda cheese and jam. Scrambled eggs, cherry tomatoes and milk 全麦面包配黄油、高达奶酪和果酱+炒鸡蛋、樱桃番茄和牛奶	Muesli and rice Krispies with yogurt, blueberries. Served with a cup of apple juice Muesli 麦片、卜米、蓝莓、酸奶+苹果汁	1/2 Rye bread with butter, sliced eggs and tomato served with a strip of bacon and steamed sweet corn and milk 1/2 黑麦面包配黄油、切片鸡蛋+干禧果+培根、蒸甜玉米和牛奶	Asian style pancake with ham, egg and lettuce. Served with milk and grapes. 煎饼配火腿、鸡蛋和生菜+牛奶+葡萄
	Stir-fried rice noodles with pork shreds, sweet pepper, onion, carrot, cabbage and turmeric served with Singaporean Bak Kut Teh soup 星洲炒米粉 (猪肉丝、甜椒、洋葱、胡萝卜、卷心菜、姜黄)+肉骨茶	Penne pasta in marinara sauce with bacon and mushrooms served with parmesan, lemon roasted chicken wings. salad and Italian minestrone soup 奶油蘑菇培根通心粉+柠香芝士烤鸡翅+沙拉+意式蔬菜汤	Spinach and beef lasagna served with a small side of cabbage, carrot, raisin and apple salad together with creamy velvet chicken soup 菠菜牛肉千层面+蔬菜水果沙拉+粟米鸡茸忌廉羹	Battered and fried fantail shrimps with spiced salt. Stir fried lettuce with scallion sauce served with shepherd's purse tofu soup and healthy rice with cauliflower and vegetables. 椒盐扇尾虾+葱油茼蒿+芥菜豆腐汤+4 什锦蔬菜炒饭	Juicy cheese beef burger on brioche bun with tomato, carrot and lettuce coleslaw and gherkins. Served with country style fries, collard greens and cream of corn soup. 奶酪牛肉汉堡 (西红柿、胡萝卜、生菜、卷心菜丝和腌黄瓜) 配以乡村风味的炸薯条、羽衣甘蓝和奶油玉米汤
	Optional mixed salad w. Tuna(served at teachers discretion) 金枪鱼什锦沙拉	Optional mixed salad w. Egg(served at teachers discretion) 鸡蛋什锦沙拉	Optional mixed salad w. Bacon(served at teachers discretion) 培根什锦沙拉	Optional mixed salad w. Tuna(served at teachers discretion) 金枪鱼什锦沙拉	Optional mixed salad w. Egg(served at teachers discretion) 鸡蛋什锦沙拉
Fruit Cooler	Apples, cherry tomatoes & carrot sticks	Oranges, green grapes & cucumber sticks	Blueberries, apples & sweet red/yellow pepper fruit with cheese.	Apples, red grapes & celery sticks	Banana's, apples & grape fruit slices.
Snack	Raisin and apricot bread with butter served with fresh fruit drink and sweet pineapple and tomatoes. 葡萄干杏仁面包配黄油+自制新鲜水果饮料+甜菠萝和干禧果	Homemade chocolate roulade with butter cream filling, served with raspberries and chocolate/yogurt milkshake. 自制巧克力奶油卷+树莓+巧克力奶昔	Fruit mousse cake topped with red cherries and kiwi served with a fresh passion fruit drink with frozen strawberry. * Birthday cake 水果慕斯蛋糕+百香果草莓饮料	Lemon cheesecake on graham bottom, topped with dark forest berry jelly on top served with lemon flavored water and mulberries on the side. 柠檬芝士蛋糕+柠檬水+桑椹	Home-baked peach custard pie served with banana, oats, milk and yogurt shake, together with sliced oranges. 自制桃子奶油派+配香蕉麦片奶昔+橙子
餐次	Monday 周一 (4/8、4/22)	Tuesday 周二(4/9、4/23)	Wednesday 周三(4/10、4/24)	Thursday 周四 (4/11、4/25)	Friday 周五 (4/12、4/26)
Breakfast	Kellogg's cornflakes served with milk, fresh strawberries, blueberries, raspberries and raisins. 家乐氏脆玉米片+牛奶+新鲜蓝莓、草莓、树莓和葡萄干	Whole wheat bread roll with cream cheese inside. Served with blanched broccoli served with sliced semi-spicy sausages (Harbin sausage) and milk. 全麦奶油面包卷+煮西兰花+微辣哈尔滨香肠+牛奶。	3 digestive biscuits with cheddar cheese and red grapefruit served with green grapes and milk. 3 块消化饼干配车达芝士与葡萄柚、青葡萄和牛奶。	2 homemade protein bars with dark chocolate, cereal, seeds, raisins and dried cranberry served with a blueberry, banana and yoghurt smoothie. 2 块自制蛋白棒, (黑巧克力、谷类、南瓜子、葡萄干和干蔓越莓) 配蓝莓、香蕉和酸奶冰沙	Melted cheese and ham toast with a touch of pepper garlic, served with a small tasting of pickled cucumber and apple juice. 奶酪火腿吐司配上少许黑椒蒜和腌黄瓜+苹果汁
	Braised beef stew with potato, onion and carrots served with baked cauliflower in olive oil, herbs and parmesan. Rice and vegetable soup (carrot, celery, zucchini, onion in tomato broth). 土豆洋葱胡萝卜炖牛肉, 配以橄榄油、香草和帕尔马干酪的烤花椰菜。米饭和蔬菜汤 (胡萝卜、芹菜、西葫芦、洋葱、番茄)	Stir-fried chicken and broccoli with a side of macaroni cheese, steamed green peas and borscht soup 鸡肉、西兰花配芝士通心粉、清蒸青豆、+罗宋汤	Korean Bibimbap rice with sauteed carrots, mushroom, zucchini and sliced beef with sweet kimchi and a fried egg served with crispy corn and chicken soup 韩式拌饭 (胡萝卜、蘑菇、西葫芦、牛肉片) 配一点甜泡菜和煎蛋+玉米鸡汤	Tuna salad sandwich with lettuce, tomato, onion, pepper fruit and honey mustard sauce served with potato salad and pumpkin soup 金枪鱼沙拉三明治 (生菜、番茄、洋葱、甜椒、蜂蜜芥末酱) + 土豆沙拉+南瓜汤	Stir-fried black pepper beef with garlic and onion served with zucchini and tomato and egg soup with rice. 黑椒洋葱牛肉粒+清炒西葫芦+番茄蛋汤+米饭
	Optional mixed salad w. Tuna(served at teachers discretion) 金枪鱼什锦沙拉	Optional mixed salad w. Egg(served at teachers discretion) 鸡蛋什锦沙拉	Optional mixed salad w. Bacon(served at teachers discretion) 培根什锦沙拉	Optional mixed salad w. Tuna (served at teachers discretion) 金枪鱼什锦沙拉	Optional mixed salad w. Egg(served at teachers discretion) 鸡蛋什锦沙拉
Fruit	Apples, cherry tomatoes & carrot sticks	Oranges, green grapes & cucumber sticks	Blueberries, apples & sweet red/yellow pepper fruit with cheese.	Apples, red grapes & celery sticks	Banana's, apples & grape fruit slices.
Snack	Roast garlic bread topped with sliced tomatoes and mozzarella with herbs. Served with extra virgin olive oil and a glass of cold orange juice and cherry tomatoes 烤芝士番茄蒜蓉面包+橙汁+干禧果	Steamed bun with custard, served with oranges and black pearl milk tea 自制奶黄包+甜橙+珍珠奶茶	Soda pancakes with cream cheese topping, served with sliced banana, red strawberries and honey/lime/mint flavored water. 苏打薄煎饼配奶油奶酪、切片香蕉、草莓+薄荷蜂蜜柠檬水	Steamed pork meat buns served with carrot sticks, apple slices and soybean milk. 自制猪肉包+胡萝卜条、苹果片+豆奶	Homemade blueberry muffin served with blueberries and pineapple on the side together with yakult sour milk. 自制蓝莓松饼, 配蓝莓、菠萝和养乐多
	Morning breakfast is served at 9:10 and is a simple serving to provide a nutritious start of the day. Lunch is served at 11:30 in the class-rooms. Snack is served at 14:00 (14:15 for PN) after naptime / noon break			* Hand made by Newton's pastry chef	